

Where Community Begins

**BOULDER CITY PARKS & RECREATION
September 2014 - February 2015**



**900 Arizona Street
Boulder City, Nevada
702-293-9256 ~ www.bcnv.org**

Quality of Life *The benefits of Boulder City's Parks & Recreation*

Better Health ~ Community Awareness ~ Community Involvement
Cultural Enrichment ~ Educational Development ~ Fitness Opportunities
Higher Self-Esteem ~ Lush Landscaping ~ Personal Growth

Boulder City Parks & Recreation Department MISSION STATEMENT

To provide high-quality and cost-effective recreation activities for all residents of Boulder City. These programmed activities include workshops, labs, tournaments, camps and classes, as well as activities in aquatics, arts, golf, sports and special events. We are striving to meet the community's recreational needs in all phases of our operation.

City Council

Roger Tobler, Mayor
Cam Walker, Mayor Pro Tem
Peggy Leavitt, Councilwoman
Duncan McCoy, Councilman
Rod Woodbury, Councilman

City Manager

David Fraser

Parks and Recreation Commission

Chairperson, Carol Lelles
Members, Brandon Barrow, Zane Boyster,
Deana Parsons, Christy Springgate-Hill,
Chris Leavitt & Chuck Pickens

Parks & Recreation 702-293-9256

Director, Roger C. Hall
Department Secretary, Julie Calloway
Office Assistant, Pam Hickey, Brittany Ricciardo &
Jennifer Spinkelink

Maintenance, Bob Kreger, Ryan Allain,
Shane Joseph, Matt Rogers & Peter Torres

Recreation 702-293-9340

Coordinator, Patty Sullivan

Sports 702-293-9254

Coordinator, Steven R. Corry

Aquatics 702-293-9286

Coordinator, Sheri O'Berto
Administrative Clerk, Bobbe R. Wilson

Art Center 702-589-9609

Coordinator, Robin Kariam

Golf Courses

Boulder City Municipal Golf Course 702-293-9236

Head Golf Professional, Tony Fiorentini

Boulder Creek Golf Club 702-294-6534

Head Golf Professional, Andy Schaper

Fitness Center 702-293-0870

Manager, Marcie Gibson

Youth Center 702-491-3679

Coordinator, Debbie Barth

Dear Boulder City Resident,

I am delighted to present our City's latest recreational brochure for September 2014- February 2015.

Our Parks and Recreation Department offers a wide variety of programs and activities to enhance your family's lifestyle. We hope you take full advantage of these opportunities. I hope you also take the time to explore and enjoy the excellent Parks and Recreation facilities available to you as a resident of Clean, Green, Boulder City.

Our staff is committed to providing high-quality recreation programs and activities for all residents of Boulder City.

We are constantly searching for new programs, sports activities and special events to capture the interest of our residents. Please contact our Department if you have any new ideas or recommendations concerning programs listed in this brochure. We welcome input from our community.

Please be sure to take a look at the City's new and improved website www.bcnv.org. I am sure you will be impressed with the new look and information provided.

Please give us a call if we can help you in any way.

Sincerely,



Roger C. Hall

Director, Parks and Recreation Department



Please read through our brochure to learn about the many benefits that your Parks & Recreation Department can bring you. Call 702-293-9256 with any questions you may have. Check us out online at www.bcnv.org

General Information: Register for recreation classes and programs at the recreation department, located at 900 Arizona Street, Boulder City, Nevada 702-293-9256. Open M-TH / 7am-6pm. Please register for Pool and Fitness Center programs directly at those respective facilities.

Registration Tips: Contact the facility where the program is offered to inquire about registration dates. Late registration is accepted if space is available and the class structure supports it. Classes may be cancelled due to lack of enrollment, or they may fill due to limited space. Please make every effort to register in advance. Fees are subject to change.

Customer Satisfaction Policy: It is the City of Boulder City Recreation Department's goal to provide excellent customer service. Please contact our main office at 702- 293-9256 with any customer service issues you may have.

Make-Up Classes: No make-ups, credits or refunds will be given due to participant absenteeism. In the event of a prolonged illness/surgery, please promptly contact the facility front desk staff so that they can forward the request to the appropriate supervisor for review. The Department does not refund, makeup, or credit, for any missed classes or programs due to inclement weather, or equipment failure. Within a session, if these factors become excessive, and a make-up class is not possible, a facility pass, credit or refund will be issued at management's discretion.

Youth Program Assistance: Program Assistance is a recreation scholarship fund to assist Boulder City youth, ages 17 and under, who cannot afford basic recreation programs and services. Participation in the youth assistance program is based on eligibility guidelines and is provided to Boulder City residents only. Funding for youth program assistance is provided by local business donations, and is contingent upon available funds. Please contact 702-293-9256 for more information.

Accommodations: The Parks and Recreation Department strives to make all facilities, services, and activities available to anyone with disabilities. Accommodations and resources are available to include participants in all regularly scheduled activities, regardless of age or disability. Accommodations may be arranged by calling or visiting our office.

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FACILITY INFORMATION

We are an authorized provider for Senior Dimensions!
The Recreation Department operates the swimming pool & racquetball complex. The facility consists of 3 pools: a year-round recreation/lap pool, and during the summer months, a wading pool & a diving pool with a 1-meter diving board and 2-16' high 4' wide climbing walls, available for public use. There are 3 racquetball or wallyball courts & a cross-training room to complement pool programs. Please see page 18 for Senior Dimensions details.

POOL FEES & HOURS

| AGES | Youth 0-17 / Adult 18-59 / Senior 60+ | |
|-------------------|---------------------------------------|----------|
| DAILY | Youth & Senior | \$2.00 |
| 15-PUNCH PASS | Youth & Senior | \$27.00 |
| 30-PUNCH PASS | Youth & Senior | \$51.00 |
| DAILY | Adult | \$3.00 |
| 15-PUNCH PASS | Adult | \$41.50 |
| 30-PUNCH PASS | Adult | \$76.50 |
| INDIVIDUAL ANNUAL | | \$175.00 |
| FAMILY ANNUAL | | \$300.00 |
| FAMILY SUMMER | | \$150.00 |

FALL-SPRING - MAIN POOL ONLY

| | | |
|----------------|------|--------------------------|
| ADULT LAP SWIM | M-F | 6:30-10am |
| *OPEN SWIM | M-Th | 12-1:30pm 5:15-7:30pm |
| | F | 4:45-7:30pm |
| | Sat | 7:30am-2pm |
| | Sun | closed |

*Lap lanes are available during Open Swim

SUMMER POOL - 2015

Call to confirm dates. Wading Pool and Dive Pool also available in summer during open swim and family hour times. Family hours requires an individual 18 or older to accompany a minor.

| | | |
|-----------------------|--------------------------------|------------------|
| Monday through Friday | 6:30am - 9:00am | **Adult lap swim |
| | (M-TH only) *11:00am - 12:00pm | Adult lap swim |
| | (M-TH only) *6:00pm - 7:00pm | Adult Lap Swim |
| | 1:00pm - 5:00pm | Open Swim |
| | 5:00pm - 6:00pm | Family Hour |
| Saturday | 6:30am - 9:00am | Adult lap swim |
| | 1:00pm - 5:00pm | Open Swim |
| | 5:00pm - 6:00pm | Family Hour |
| Sunday | 1:00pm - 5:00pm | Open Swim |

* There are limited lanes available during this time!

**The "OPEN" section of the pool is not available for use prior to 1:00pm during adult lap swim Monday – Thursday due to classes being held in this area!

September 2014 – February 2015

~ Special holiday hours are posted at the complex ~

~Dates and times subject to change ~

~POOL CLOSED for maintenance Sept 6-21, 2014

Check the office for court availability ~

COURT & FACILITY OFFICE HOURS

FALL-SPRING COURT & OFFICE HOURS

| | |
|------------------|-------------------------------------|
| Monday -Thursday | 6:30am - 8:00pm |
| Friday | 6:30am - 10:00am 2:00pm - 8:00pm |
| Saturday | 7:30am - 2:00pm |
| Sunday | CLOSED |

SUMMER COURT & OFFICE HOURS

Call to confirm dates and times

| | |
|-------------------|-------------------------------------|
| Monday - Thursday | 6:30am - 8:00pm |
| Friday | 6:30am - 11:00am 1:00pm - 6:00pm |
| Saturday | 6:30am - 9:00am 1:00pm - 6:00pm |
| Sunday | 1:00pm - 5:00pm |



RACQUETBALL INFORMATION

Open play racquetball & racquetball leagues are available for the general public. New leagues begin periodically throughout the year, based on interest. Call 293-9286 for more information.

OPEN PLAY FEES:

| | | | |
|-----------|-----------------------------------|----------------|-----|
| PRIME | M-F | 4-8pm | \$8 |
| PRIME | Sat & holidays | business hours | \$8 |
| NON-PRIME | M-F | 6:30am-4pm | \$6 |
| YOUTH | Sat / fall-spring M-Sun/summer | business hours | \$5 |

RESERVATIONS are taken up to 2 weeks in advance by calling 293-9286. Walk-ins accepted. Racquets are available for a \$1 rental fee. Protective eyewear is strongly recommended.

WALLYBALL Enjoy the fun & excitement of wallyball in a temperature-controlled racquetball court. Similar to volleyball, but court walls are used to keep the ball in play which provides interesting strategy & longer play periods. A great activity for 4, 6 or 8 players. Please call 293-9286 to reserve a court. Specify that you want to play wallyball!! Equipment provided. \$11/hour



LIGHTNING POLICY

For our patron's safety, the pool will close for 30 minutes if lightning is seen or thunder is heard. If this occurs, please exit the pool deck immediately. We ask patrons not to shower before they exit the locker rooms, as lightning can travel through waterlines. If the lightning ceases after 30 minutes, the pool will re-open. We encourage our patrons to call the facility during poor weather conditions if they are unsure if the pool will be open! *Sorry, refunds will not be issued.*



POOL POLICIES.....include and are not limited to

- * Parents supervise your children; you must be present on the pool deck at all times if your child is under 8 years old.
- * Children who are under the age of 8, who cannot pass the swim test must be accompanied by an individual 12 or older who is in the water, within an arms reach of them! During classes and public swim, the parent or guardian must be present on the pool deck at all times!
- * No diving in shallow water (main and wading pools)
- * No extended/repetitive breath holding
- * Non-Swimmers wear lifejackets
- * All children under 4 must wear a swim diaper! No exceptions
- * Please read all rules before entering our facility

POOL PARTIES

Rent your local pool today!

Corporate • Birthdays • Gatherings
Reunions • Graduations • Celebrations
Reserve the pool for your next event.
Use the adjacent Multi Use Building at no extra charge!
Choose your party package.
Prices start at \$75
After hours/private rentals are also available.
Please call Boulder City Pool at 702-293-9286
for more information!
Not interested in a packaged party?
Private pool-only rentals are available
(see Pool front desk for details)

-or-

Feel free to simply use the pool during open swim!
Regular admittance fees are applicable
and advance notice needed.

Pool Party/ Rental Packages

Package A - During public open swim hours

\$75 (up to 12 people)

\$100 (up to 25 people)

\$150 (up to 40 people)



- Admittance to swimming pool
for 1 hour during "Open Swim"

- Use of Multi Use Building
(adjacent to the pool) for 2 hours
(building has kitchen, restroom, tables & chairs)

Package B - After hours, private pool parties

\$240 (up to 25 people) \$275 (up to 40 people)

\$310 (up to 55 people) \$350 (up to 70 people)

- Private pool party
(after hours use of main pool) for 2 hours

- Use of Multi Use Building
(adjacent to the pool) for 2 hours
(building has kitchen, restroom, tables & chairs)

Use of dive tank and/or wading pool, available in the summer months, will require additional fees.

SWIM LESSONS

MASTERS SWIM

This program is perfect for those adults who want a good workout & learn proper stroke technique. This is a great way for swimmers to stay in shape and a great fitness program! Flexible workout days!

| | | | |
|------------------------------|------------|-------------|------------------------|
| age | 13+ | | |
| monthly class | 2/x's week | \$28/month | |
| average fees | 3/x's week | \$40/month | 5/x's week \$65 /month |
| drop-in (space availability) | \$5/class | | |
| fall-spring | M,W | 9:10-9:55am | |
| | T,Th | 6:30-7:15pm | |
| summer | M,W,F | 8-8:45am | |
| | T,TH | 6-6:45pm | |

PRIVATE SWIM LESSONS

Private, all ages and skill levels.

\$25 per 1/2 hour, per person.

Please inquire at the front desk.



PARENT-BABY/TOT

Introduction to basic swimming & water safety skills. Children learn fast in a group environment with 1-on-1 attention. Songs & games make the water a fun place to be & build parent/child relationships. The goal is for the tots to become swimmers. Limited grant funds may be available to aid in your cost for this program, thanks to the Southern Nevada ICC Chapter. Please call 702-293-9286 for details.

| | | | |
|---------------|----------------------------|------------|--|
| age | 6 months to 4 years | | |
| monthly class | \$40 per month/average fee | | |
| fall-spring | M,W | 12:15-1pm | |
| summer | M,W | 11-11:45am | |
| | M,W | 6-6:45pm | |

THE BOULDER CITY POOL IS HIRING!

Are you 16 or older & want a fun & rewarding job? Certified to teach water, fitness, or racquetball related programs? Work as a lifeguard or swim instructor? Lifeguard and WSI applicants must already be American Red Cross certified.



SWIM LESSONS

AMERICAN RED CROSS

YOUTH LEARN TO SWIM

Classes are designed to teach progressive swimming techniques from the non-swimmer to advanced. Children learn water safety & develop coordination, strength & skill.

| | | | |
|---------------|----------------------------|-------------|--------------|
| age | 4+ | | |
| monthly class | \$40 per month/average fee | | |
| fall-spring | M,W | 4:05-4:50pm | level 1 |
| | | 5-5:45pm | level 2 |
| | T, TH | 4:05-4:50pm | level 3 |
| summer | M,W | 5:05-5:50pm | levels 1 & 2 |
| *summer | M-TH | 9-9:45am | levels 1 - 4 |
| | | 10-10:45am | levels 1 - 4 |

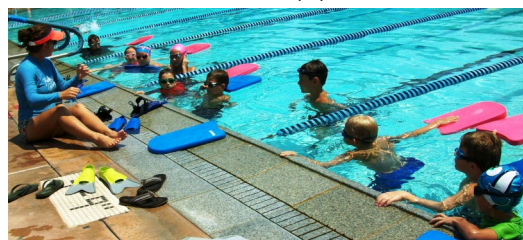
*two-week sessions, classes meet M -Th

SWIM TEAM

CROSS TRAINING BCH/non-aquatic

Session dates are monthly - training will be coordinated with the BCH practice! Program designed to specifically improve swimming skills & also benefits any other physical activity or sport. Instructors are certified personal trainers. Fees noted are avg. monthly fees.

| | | | |
|---------------|--|-----------|-----|
| age | BCH Swim Star, Navy, and Silver groups | | |
| required | evaluation before registration | | |
| monthly class | \$20 | A (M,W,F) | |
| | | B (T,F) | |
| | \$6.75 | C (M,W) | |
| fall-spring: | | | |
| | 4:10-4:30pm | (C) | M,W |
| | 4:45-5:15pm | (A&B) | T,F |
| summer | 8:15-8:45am | (A&B) | T,F |
| tba | | (C) | |



PRE-SWIM TEAM

A great class for the child who swims like a fish but is still learning coordinated strokes. Focus is on learning stroke & competitive skills & techniques to prep for Swim Team.

| | | | |
|---------------|--|-------------|--|
| required | level III swim skills & evaluation prior to registration | | |
| age | 6+ | | |
| monthly class | \$59 per month/average fee | | |
| fall-spring | M, W, Th | 4:30-5:15pm | |
| summer | M, W, Th | 11-11:45am | |

SWIM TEAM continued

BCH SWIM TEAM

This year-round USA Swimming registered program focuses on building an all-around competitive swimmer by developing technique & endurance. Swimmers must be able to swim 1 pool length free-style & backstroke, & kick 1 pool length breast stroke & butterfly. Practice may be cancelled when coaches are attending swim meets.

| | |
|------------|---|
| age | 6+ |
| * location | Boulder City Pool |
| | *during seasonal pool maintenance, practice is held at a Henderson pool |
| required: | evaluation prior to registration |
| coaches: | Mike Polk, Jan Bunch & Linda Estes USA Swim \$55 annual registration fee |
| fee | per month/average |
| | \$65 Swim Star |
| | \$75 Navy |
| | \$80 Silver |
| | \$200 Family max |

FITNESS CLASSES

SENIOR DIMENSIONS APPROVED, funding limited

*WATER AEROBICS - Medium/High Intensity

Improve your over-all health with this moderate/fast pace class. Noodles, and dumbbells with music make learning new water movements fun. It's a great place to start if you're just getting back into water exercise, or looking for a new opportunity in exercise. Choose water aerobics as the perfect medium to reduce the strain while keeping your heart rate up.

| | |
|---------------|-------------------------------|
| Age | 13+ |
| monthly class | \$43 / month/average fee |
| drop-in | \$4 / class (space available) |
| fall-spring | M-Th 8-8:55am |
| summer | M-Th 7-7:55am |



THE BOULDER CITY POOL IS HIRING!

Are you 16 or older and seeking a fun and rewarding part-time job?
If you are certified to lifeguard, teach water safety, fitness, or racquetball related programs, **WE WANT YOU!**
Call 293-9286 for more information.

FITNESS CLASSES continued

SENIOR DIMENSIONS APPROVED, funding limited

*WATER EXERCISE - Low Impact/Low Intensity

Water gives the best low-stress workout as it provides buoyancy & resistance simultaneously. An excellent class for those who are arthritic or recuperating from surgery. This self-paced class provides aerobic and general flexibility exercise. Come join the fun!

| | |
|---------------|-----------------------------|
| age | 18+ |
| drop-in | \$4/class (space available) |
| monthly class | \$43 per month/average fee |
| fall-spring | M-Th 9-9:55am |
| summer | M-TH 8-8:55am |

CROSS TRAINING EXERCISES

| | |
|--------------|--|
| weekly class | \$15 per semi-private hour (2-4 persons) |
| | \$20 per private 1/2 hour |

BALL/STRETCHING

Come challenge your balance / core with physioballs, therapy balls, bosu trainers & more; then stretch to unwind!
Call pool for appointment.

STRENGTH TRAINING /STRETCHING

Come enjoy a core workout using therabands, stretchbands, medicine balls, dumbbells & relaxing wind down stretches!
Call pool for appointment.

MASTERS SWIM

This program is perfect for those who want a good workout & learn proper stroke technique. This is a great way for swimmers to stay in shape and a great fitness program! Flexible workout days!

| | |
|------------------------------|--|
| age | 13+ |
| monthly class | 2/x's week \$28/month |
| average fees | 3/x's week \$40/month 5/x's week \$65 /month |
| drop-in (space availability) | \$5/class |
| fall-spring | M,W 9:10-9:55am |
| | F 8:10-8:55am |
| | T,Th 6:30-7:15pm |
| summer | M,W,F 8-8:45am |
| | T,TH 6-6:45pm |

SWIM & TRIM

Are you ready to have more energy and feel better? This free program is for you. All you have to do is get swimming and record your miles on a tracking poster located in the pool lobby. Swim a lot, or just a bit, it doesn't matter, just keep track. Once you have swum 100 miles, you become part of the 100 mile club, and are entitled to receive a free 15 punch pool pass. More details on the program available at the pool. Registration is on-going.

| | |
|-----|--------------------|
| age | 18+ |
| fee | pool entrance only |

All payments must be made at the Parks and Recreation Office or at the Swimming Pool. Students can also phone in credit card payments to the Recreation Office 702-293-9256. Classes take place at the 801 Adams Blvd.

NOTE: Items produced at the Art Center are for personal and gift giving purposes and are not to be produced for unauthorized sells. Art Center produced items to be sold for personal financial gain are limited to Art Center sponsored events and must be approved by Art Center Coordinator Robin Kariam.

POTTERY LABS (not an instructional forum)

drop ins welcome fee \$10 or a 12-lab pass for \$50
lab Sun 10am-1pm

POTTERY THROWING & HAND BUILDING

BEGINNER TO INTERMEDIATE

Each session is structured to the students' skill level. Class progression is accomplished by taking several sessions and labs.

\$25 MATERIAL FEE INCLUDES: 25# bag of clay which includes 10 pieces, glazed, fired and use of equipment. An additional fee will be required if more pieces are made from one bag of clay. **One FREE LAB is INCLUDED.**

Location: Art Center Room #6

4 Week class \$45

As needed \$25 city material fee

CRAIG COREY graduated from Otis Art Institute in Los Angeles with a BA and has over 10 years of experience in ceramic art.

age 16 - adult
day/time M 6:30-9pm
no class 9/1, 12/22 & 29

JULIE CONNELL, with an AA in art, has taught all ages and skill levels at Reed Whipple Cultural Center for 13 years.

age 16-adult
day/time T 9-11:30am
age 13-adult
day/time Th 6:30-9pm
no class 9/2, 12/23,25,30, 1/1

VOICE, GUITAR, DULCIMER, PIANO

FRANCYL GAWRYN, Instructor is a composer and performing artist, has been teaching music to individuals and groups for over 25 years. Private music lessons for all ages. Learn to sing, play piano, guitar, or dulcimer. Times and dates are arranged with the instructor.

age 10-adult
location ABC Gym
day/time Th, F & Sat
9:30am-5pm
fee \$25 for up to 3/4 of an hour



SATURDAY POTTERY WORKSHOPS

Instructor **JULIE CONNELL**.

age 8 yrs. old or younger need an adult participant
time 10am-Noon
fee \$20

Alien Whistles 9/13
Pumpkins 10/11
Turkey Handprint 11/15
Santa Bank 12/6



SOY CANDLES Instructor JULIE CONNELL.

Replace your petroleum based paraffin candles with non-toxic soy candles, **MADE BY YOU**, that burn cleaner, cooler & longer.

age 8-adult
location Art Center #1
fee \$15 + \$5 Instructor material fee
day/time Sat (1 day) 10am-Noon
dates 9/6, 11/8, 1/10

WIRE WRAPPING

CHET FREEDMAN, Instructor is an avid jewelry designer and crystal collector. With his knowledge you will learn and fashion a semi-precious stone pendant **Wrapped** with silver all in one day.

age **adults only**
location Art Center Room #4
fee \$20 + \$20 instructor material fee
day/time Th 6-9pm
dates One-day
9/11, 10/9, 11/13, 1/15, or 2/12
no class December



CELEBRATE YOUR BIRTHDAY AT THE ART CENTER

Hosted by Barbara Graham. We would like to host your child's birthday party. The children attending the party will stencil and glaze a 4"x4" tile. Tiles will be fired and available at a later date. Parents will supply food, cake, and birthday party supplies. Two adults must be present. Call 702-589-9609

| | |
|----------|---|
| age | 7-16 |
| location | Art Center Room #4 |
| day/time | One month notification required |
| fee | \$100 for a 2 hour party Additional fee if party exceeds 10 kids |

CABOCHON CLASS

You will make 10 round glass gems per class.

| | |
|----------|------------------|
| age | 13-Adult |
| location | Art Center #1 |
| fee | \$20 |
| day/time | Th (1 day) 6-8pm |
| dates | 10/9,11/13,12/11 |



ROBIN KARIAM is the Art Center Coordinator and instructor, with a BA in Art and Sociology.

FINE ART PREP

A class where you will be acquainted with a variety of drawing techniques using pencil, charcoal, watercolor, acrylics, pen and ink.

| | |
|--------------|------------------------|
| age | 8-16 |
| location | Art Center #1 |
| weekly class | \$30 per month |
| as needed | \$10 city material fee |
| no class | December |
| day/time | T 3-4:30pm |

ADULT FINE ART

A class where you will be acquainted with a variety of drawing techniques using pencil, charcoal, watercolor, acrylics, pen and ink. **Specifically designed for your needs.**

Call Robin Kariam prior to class. 702-589-9609

| | |
|--------------|------------------------|
| age | 16+ |
| location | Art Center #1 |
| weekly class | \$30 per month |
| as needed | \$10 city material fee |
| no class | December |
| day/time | T 10-11:30am |





1501 Veterans' Memorial Drive

| BC RESIDENT* | ANY DAY |
|-------------------------------|----------------|
| Before 11am | \$58 |
| After 11am | \$48 |
| After 1pm | \$33 |
| 9 HOLES | \$33 |
| CLARK COUNTY RESIDENT* | |
| Before 11am | \$68 |
| After 11am | \$58 |
| After 1pm | \$43 |
| 9 HOLES | \$43 |
| RESORT GUESTS* | |
| Before 11am | \$110 |
| After 11am | \$90 |
| After 1pm | \$65 |
| 9 HOLES | \$65 |
| JUNIOR GOLFERS | |
| (Under 18 years) | |
| 18 HOLES BEFORE 1 PM | \$30 |
| 18 HOLES AFTER 1 PM | \$10 |
| 9 HOLES ANYTIME | \$10 |

*GOLF CART INCLUDED

GOLF BOULDER CITY

Visit our website for
current promotions



www.golfbouldercity.com



1 Clubhouse Drive

| BC RESIDENT* | ANY DAY | *w/cart |
|-------------------------------|----------------|----------------|
| Before 11am | \$31 | |
| After 11am | \$26 | |
| After 1pm | \$21 | |
| 9 HOLES | \$21 | |
| CLARK COUNTY RESIDENT* | | *w/cart |
| Before 11am | \$41 | |
| After 11am | \$31 | |
| After 1pm | \$26 | |
| 9 HOLES | \$26 | |
| RESORT GUESTS* | | *w/cart |
| Before 11am | \$56 | |
| After 11am | \$46 | |
| After 1pm | \$36 | |
| 9 HOLES | \$36 | |
| JUNIOR GOLFERS | | |
| (under 18 years) | w/cart | walking |
| 18 HOLES | \$18 | \$5 |
| 9 HOLES | \$12.50 | \$3.50 |
| SENIOR BC RESIDENTS* | | |
| (60 yrs & over) | | |
| 18 HOLES | \$27 | |
| 9 HOLES | \$17 | |
| (Golf cart included) | | |

BC RESIDENTS SEASON TICKETS & PUNCH PASSES

(Golf cart not included)

| | |
|------------------------|---------|
| SINGLE | \$1,872 |
| FAMILY | \$2,800 |
| SENIOR SINGLE | \$1,380 |
| SENIOR HUSBAND & WIFE | \$2,028 |
| PUNCH PASS (20 Rounds) | \$300 |

DRIVING RANGE

| | |
|--------------|-----|
| SMALL BUCKET | \$3 |
| LARGE BUCKET | \$5 |

Management reserves the right to adjust rates at any time.

GOLF BOULDER CITY PLAYERS CARD ALL FOR ONLY \$150!

We greatly appreciate the loyalty of returning guests at the Boulder Creek Golf Club and the Boulder City Golf Course. To show our appreciation we have created the Golf Boulder City Players Card. It is a way for us to thank you for your loyalty by giving you a discounted rate when you play golf with us. Each time you use it you will receive a 15% discount off the Morning rate & a 10% discount off the Late & Twilight rates. You also receive: * 2 weeks advance reservations * Monthly Tournaments for members * play 7 rounds & get the 8th round free * USGA GHIN handicap through the SNGA * 24 guest passes, limited to 4-some at a time * 15% off non-sale merchandise in our golf shop. Player Cards available at each golf course.

NEW ~ PGA JR GOLF LEAGUE The Boulder City PGA Junior Golf League is designed to introduce the game of golf to boys and girls, ages 7-17 years old. This league features team vs. team competitions in a structured league that provide a popular, less stressful scramble format as opposed to stroke-play competition. This is a great way to get kids involved in the game!

The Boulder City PGA Junior League will emphasize:

- ~ Sportsmanship, Rules and Etiquette ~ Golf Skills ~
- ~ Learning how to play on the course ~ Fun ~



starts Sept 2
location Boulder Creek Golf Club
fee \$80 for an 8 week league
Includes Golf shirt and supplies
age 7-17

Register at the Recreation Department at 900 Arizona Street.

For more information, email Boulder Creek professional

Andy Schaper at aschaper@bouldercreekgc.com or call 702-294-6534

JR GOLF These excellent classes provide fundamental beginner instruction & fine tunes the skills of experienced students. Competitive skill games make this class challenging & rewarding. Class focuses on swing, stance, grip, putting & scoring. Players hit practice balls each day & work with PGA professionals. Instructor **TONY FIORENTINI PGA HEAD GOLF PROFESSIONAL & RUSTY POSTLEWAIT PGA DIRECTOR OF INSTRUCTION.**

location BC Municipal Golf Course

day/time M,W&F 3:30-5:00pm

fee \$20

age 11+ 10/6-10

age 6-10 10/13-17

note register at the Recreation Dept.

located at 900 Arizona Street

For private lessons call 293-9236 or 521-3393



PHOTO: BRIAN OAR

SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

JUNIOR ADVENTURE GUIDE

CERTIFICATION is an after school program that is offered during the school year. The following seven components will be covered to become a Junior Adventure Guide: Wilderness Survival Fundamentals, Basic First Aid, Backpacking and Camping Essentials, Ropes and Rigging, Navigation, Team Building and Leadership, Mountaineering and Canyoneering. Once all seven classes have been completed, students will receive their Junior Adventure Guide Certification. Instructor GENE KELLY is a Master Fitness Training Instructor and Life Coach. He is a former fire fighter with 30 years experience in fitness, and group training.

age 12-17
location ABC Park Gym & Outdoors
day/time Th 4:00-5:30pm
fee \$20 per month
no class Sept.



YOUTH WINTER BREAK BASKETBALL CAMP

will focus on basketball fundamentals and skills for the first hour, and then provide scrimmaging for the second hour. INSTRUCTOR Jim Konst is currently the Head Girls Basketball coach at Garrett Middle School. He has coached at the high school level and at the Boulder City Parks and Recreation Department.

grades 2-8
day M Dec. 22 & 29
T Dec. 23 & 30
time 10:30am-12:30pm
location Rec. Ctr. Gym
fee \$5 daily
\$15 four days



BELLY-DANCING is a mesmerizing & exhilarating dance form. Class format accommodates all ages, shapes & sizes. A great way to build endurance & muscle tone with the psychological benefits of dance & music. Instructor AMY "Amaya" STEPHENSON.

age 6-adult
location Recreation Center #2
note *instructor approval required
day Th
no class 10/23, 11/27, 12/25, 1/1

Skills Class

youth age 6-11 4-5pm
beg II age 12+ 5-6pm *
beg I age 12+ 6-7pm

Choreography Prep

age 12+ 7-8pm
Sep no class
Oct \$25
Nov \$19
Dec \$19
Jan \$25
Feb \$25

CHILDRENS' PERFORMING ARTS

RISEING STARS Children learn singing, dancing and performance skills all in one class. Each five-week session prepares children for a specific performance. Instructors LISA MORRIS & KARA LARSEN are both performance and kid enthusiasts. Lisa has been singing, dancing and performing since 1983 with formal education in music dance theater from the High School of the Performing Arts in Los Angeles and Brigham Young University. Kara has a degree in elementary education from UNLV, has been a dancer since the age of three and has teaching experience from Dance Etc.

age 5 yrs.+
day/time T 3-4pm
location Multi-Use Bldg
fee \$70 (8weeks)
date Oct. 14 - Dec. 16
Dec. 18th performance
no class 11/4 & 11
note \$15 t-shirt fee
note \$5 discount to 2nd child in the same family



CHEERLEADING

All levels are welcome! Learn the importance of a team, being a leader & a follower. Learn skills for tryouts & key competition assets: basic techniques, stomps, claps, jumps, new cheers, write cheers & choreograph to music. Instructor SANDI WACHTEL specializes in competition instruction. Her experience is with CYO & Lenape competitions, CYO Cheer Camp & HS JV/ Varsity basketball & football.

grades kindergarten & up
location Recreation Center #2
day F
time 6-7pm
fee \$27 Sept/Oct/Feb
\$36 Jan
Performance \$45 Nov/ Dec
Session 11/7-12/5 + parade 12/6
+ \$25 uniform fee by 11/14
no class 9/2, 10/17&31, 11/28,
Dec., 1/16 & 2/13
drop in \$10 per class

CHEER CAMP

day F Oct. 31
time 8-10am
performance @ 10am
fee \$18

private sessions are available
and arranged with the instructor



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

LINE DANCING is as easy as 1, 2, 3. This class will teach you standard line dance steps that you will transform into flowing line dances. Each week you will enjoy a variety of music while you exercise your mind and body. Perfect for the beginner dancer, or those just needing to reinforce the basics. Instructor LYNN WILLIAMS

age all ages
15 & under
require adult participation
no class 9/1, 11/27, 12/25 & 1/1

CLASS INSTRUCTION

day/ time **Adv. Beg. M 6-7pm**
location Nv Hwy Rec. Bldg. (DWP)
fee \$25 per month
\$5 drop in rate

day/time **Beg. W 6-7pm**
location Nv Hwy Rec. Bldg. (DWP)
fee \$25 per month
\$7 drop in rate

PRACTICE SESSION

day/time **Th 9-10am**
location Nv Hwy Rec. Bldg. (DWP)
fee \$5 per person
day/time **1st & 3rd Sat. 10:15-11:30am**
location ABC Park Gym
fee \$5 per person
note *Special rate for the above classes & practice sessions \$40 per month*



Social dance nights are arranged by the Instructor for special occasions

CPR Learn CPR procedures using American Heart Association curricula that meets Heartsaver/AED requirements & general first aid. This class is intended for the lay rescuer & does NOT fulfill Healthcare Provider requirements. Instructors are Certified BC Firemen.

age 12+
location BC Fire Dept. 1101 Elm
notes certification offered
fee \$45
when Sat 9am-1pm
dates 9/6
11/8
1/10



YOUNG GUNS FITNESS FOR TEENS

Looking for something to keep kids active after school while enhancing performance for adventures and sport activity? This program will help your teen gain confidence, self-esteem and improve their health while having fun participating in challenging fitness games, obstacle courses, and the trendy game of Skyball. Interactive mini-lectures on nutrition will help teens learn the importance of "we are what we eat." Our goal is to create a safe and fun environment for learning about fitness with positive reinforcement, encouragement, and motivation. Regular exercise has endless benefits for teens, including those who may suffer from diabetes, hypoglycemia, ADHD, weight issues, depression, and boredom. Instructor GENE KELLY is a Master Fitness Training Instructor and Life Coach. He is a former fire fighter with 30 years experience in fitness, and group training.

age 12-17
location ABC Park Gym & Outdoors
day/time Tues 4:00-5:30pm
fee \$20 per month
no class Sept.

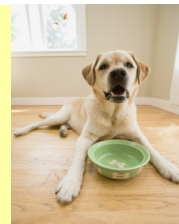
DOG OBEDIENCE This class encourages the use of positive reinforcement to teach the 5 basic obedience commands sit, stay, down, come, and place. These 5 basic commands help enforce your place as pack leader and are the basis for all other training such as tricks, agility, fly ball, etc. To reach your training goals, it is vital that you work with your dog for a minimum of 15 to 20 minutes each day using the information and exercises covered in class. With your dedication and commitment, you can have the well behaved dog that you have always wanted. We will teach you how to determine the best methods for training your dog based on its personality and breed. Remember you are the one in charge and your dog needs to respond accordingly.

Instructor KATHY BETHKE is a lifelong dog training enthusiast & a certified remote collar trainer since 2006. She focuses on dog behaviors & how to be the pack leader for your dog as it is key in her training style. Bring lots of motivational treats and a 15 ft. leash. Supplies are available through the instructor.



day M (6 wks)
beginner 7-8:15pm
NO dogs at first class
dates 9/8-10/13
10/20-11/24
12/1-1/5
1/12-2/16
location Multi-use Building
fee \$50 per session
age 10+

youth ages 10-14
require an adult to
participate with them in
Dog Obedience classes



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

GYMNASTICS

With Miss Brandi

PRIVATE LESSONS

\$20 per 1/2 hr

KGYM - KINDERGYM Ages 3+ an introduction to basic tumbling skills that include activities to develop listening, social & perceptual motor skills, as well as eye/hand coordination & body awareness through movement. Students must be potty trained.

BEGINNERS learn to do basic gymnastic movements on the floor. Flexibility is increased & basic tumbling is taught. Bars, beams and vault are introduced.

ADVANCED BEGINNERS receive further instruction to refine skills. Gymnast must be able to perform a backward roll, cartwheel, handstand, round off, bridge, basic bars, beam & vault skills. Instructor approval is required.

INTERMEDIATE & ADVANCED classes are designed for the gymnast with intermediate skills on beam, bars, floor & vault. Gymnast should be able to do a back walkover. Skills are polished & difficulty increased.

GYMNASTICS

With Miss Shannon

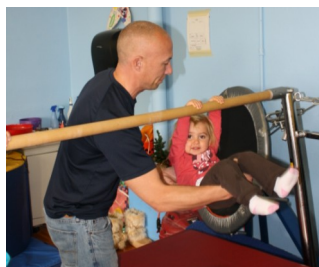
MDM - MOMMY/DADDY & ME Ages 18mo+

Have fun with your toddler as he/she develops social/motor skills & coordination via music & gymnastics equipment. Mom &/or Dad participates. Instructor SHANNON TAMANAHA has a teaching degree and has been involved in gymnastics and dance her entire life.

age 18+ months old
location Recreation Center #3
no class 11/11 & 27, 12/23-1/1

| | | |
|---------------|----------------|------|
| 10:30-11:00am | Mommy/Daddy/Me | |
| Sep | T & Th | \$41 |
| Oct | T & Th | \$46 |
| Nov | T & Th | \$31 |
| Dec | T & Th | \$31 |
| Jan | T & Th | \$41 |
| Feb | T & Th | \$41 |

note: Students may attend 1-day per week monthly at \$6 per class.



GYMNASTICS WITH MISS BRAND

no class 11/11&27, 12/23-1/1

| | | |
|-----------------|--------|--------|
| 11:30am-12:15pm | K-Gym | age 3+ |
| 12:15-1pm | K-Gym | |
| Sep | T & Th | \$56 |
| Oct | T & Th | \$56 |
| Nov | T & Th | \$38 |
| Dec | T & Th | \$38 |
| Jan | T & Th | \$44 |
| Feb | T & Th | \$50 |

| | | |
|-------|--------------|--------|
| 4-5pm | Beginner | age 6+ |
| 5-6pm | Intermediate | |
| 6-7pm | Advanced | |
| Sep | T & Th | \$74 |
| Oct | T & Th | \$74 |
| Nov | T & Th | \$50 |
| Dec | T & Th | \$50 |
| Jan | T & Th | \$66 |
| Feb | T & Th | \$66 |

| | | |
|-------|----------|------|
| 4-5pm | Beginner | |
| Sep | W | \$33 |
| Oct | W | \$41 |
| Nov | W | \$33 |
| Dec | W | \$25 |
| Jan | W | \$33 |
| Feb | W | \$33 |

| | | |
|----------|--------------|------|
| 5-6:30pm | Intermediate | |
| Sep | W | \$49 |
| Oct | W | \$61 |
| Nov | W | \$49 |
| Dec | W | \$37 |
| Jan | W | \$49 |
| Feb | W | \$49 |



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

BEGINNING HORSEBACK RIDING

CLASSES teach you to lead, saddle & ride a horse, understand its behavior & read its language. Strength, confidence & respect for nature are a few benefits of this sport. Skills that are necessary to develop proper riding style & etiquette are taught. Ground school horse care techniques will be taught when weather is not favorable for riding. Instructor VIRGINIA PERKINS has been riding horses for over 40 years.

| | |
|----------|-------------------------------|
| age | 6+ |
| location | BC Horse Corrals |
| required | helmet |
| no class | 11/27, 12/24,25 &31 and 1/1 |
| day/time | School Session |
| T-F | 3:30-4pm or 4-4:30pm |
| Sat | 9-9:30am or 9:30-10am |
| day/time | Summer Session Jun 5 - Aug 23 |
| T-S | 8:30-9am or 9-9:30am |

| | T | W | TH | F | S |
|------|-------|-------|-------|-------|-------|
| Sept | \$130 | \$104 | \$104 | \$104 | \$104 |
| Oct | \$104 | \$130 | \$130 | \$130 | \$104 |
| Nov | \$104 | \$104 | \$78 | \$104 | \$130 |
| Dec | \$130 | \$78 | \$78 | \$104 | \$104 |
| Jan | \$104 | \$104 | \$104 | \$130 | \$130 |
| Feb | \$104 | \$104 | \$104 | \$104 | \$104 |

BEGINNING HORSEBACK RIDING PRIVATE ADULT LESSONS

Sessions are arranged with the instructor
fee is \$26 per 1/2 hour



HORSEBACK RIDING LESSONS

ENGLISH - ALL LEVELS

WESTERN - INTERMEDIATE LEVEL

Riders will build a solid foundation in horsemanship and riding focusing on the fundamentals of grooming, tacking and horse handling as well as proper position and etiquette in riding. INSTRUCTOR Jessie Mix has 25 years of equine experience and has been instructing since 1999. She specializes in hunter/jumper, equitation, pleasure riding and confidence building. Please call 702-372-0158 for instructional inquiries.

| | |
|----------|--|
| age | 10+ |
| location | Horse Corrals lots 124-126 at the corner of Oregon & Bosman Trails |
| day/time | arranged with the instructor |
| fee | \$40 per person, per 1-hr lesson |

Semi-private 1-hr lessons will be available for select intermediate (or higher) riders of similar skill level. Class fees are quoted by the instructor based on the number of students.

Note: Long pants, a boot with a low heel and a certified riding helmet are required for all riders. Breeches and tall boots or half chaps are suggested for English riders,



LANGUAGE - CONVERSATIONAL

Instructor BEATRICE WERNER is a former CSN language teacher with a MA from the School of Languages of Middlebury College. She speaks 5 languages & has extensive experience teaching students both young & old.

PRIVATE, SEMI PRIVATE,

& SMALL GROUP LESSONS

SPANISH ~ GERMAN ~ ITALIAN

FRENCH ~ ENGLISH ~ ESL

Learning a new language can be fun & exciting. If you're planning a trip to a foreign country, Beatrice can give you just what you need to make your trip more enjoyable. She has been a tour guide all over the world & can help with regional terminology.

| | |
|----------|---------------------------------------|
| age | 5+ |
| location | ABC Park Classroom #2 |
| day/time | arranged directly with the instructor |

fee per person, per one-hr class

\$20 1 person

\$12 2 people

\$8 3+ people

LANGUAGE FOR TOTS

~ SPANISH ~ FRENCH ~

~ ITALIAN ~ GERMAN ~

When young children are introduced to multiple languages at an early age the benefits are staggering. In some regards infant's brain is like a blank slate. Exposing your child to a second language at an early age can actually change the way your child's brain is structured by forming connections that otherwise would not be found. These connections seem to be only necessary for learning language, but are beneficial in many other academic areas: study after study shows that students who have studied a second language do better in other seemingly unrelated areas such as mathematics and logic.

| | |
|----------|-----------------|
| fee | \$32 per month |
| day | W |
| time | 11:30am-12:15pm |
| age | 3-5 |
| location | Rec. Dept. #1 |
| no class | Dec |

SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

LEARN 2 STRETCH CLASS A low-impact workout based on individual abilities & potential. Enjoy visiting & exercising with others. Instructor MARCIE GIBSON, Fitness Center Manager.

fee \$18 individual
\$28 couple per month
day M, W & F
time 7:45-8:45am
age 55+ & physically challenged
location Recreation Center Gym
no class 9/1, 10/31, 11/28, 12/24-31
1/2&19 and 2/16
note limited Senior Dimension funds are available for this class

MARTIAL ARTS ~ AIKIDO is a Japanese self defense martial art based on non-resistance against an aggressor's force to subdue an attack. Circular & centered body movements are used as a means of defense. It is especially beneficial for women as Aikido does not depend on physical strength & is suitable for any age. Aikido ranks are available. Instructor BUD HINDMAN, a third degree black belt, is a member of Birankai North America. Instructor GENE SINNETT is a third degree black belt & has been teaching since 2002.

age 14+
fee \$40 per month
day M & W 7-9pm
& Sat 9-11am
location Recreation Center
note wear loose fitting clothing



MARTIAL ARTS ~ JUJITSU As one of the oldest martial arts, it teaches non-aggression & non-violence for self-defense techniques. Builds coordination, flexibility, self-confidence & more. Courtesy, sportsmanship & teamwork are emphasized. An excellent fitness & health class. Instructor MIKE CHUBB, obtained his black belt in 1965 and has been teaching ever since.

age 7-17 T&Th 6-7pm
age 18+ T&Th 7-8:30pm
fee \$30 per month
location NV Way Recreation Bldg
insurance \$25 annual fee paid to inst
no class 11/27, 12/25 & 1/1
note wear loose-fitting clothing



INTRO TO PICKLEBALL CLINIC

Pickleball is a paddle sport created for all skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This fun sport combines many elements of tennis, badminton and ping-pong."

age 8+
day/time Sat 1-2pm
date 2nd Sat each month
fee Free
location ABC Park Basketball Ct.
801 Adams Blvd.
note Preregister at the Rec. Office
note Groups play
Indoors &/or outdoors
Mon 9-11am
& Sat. 1-3pm

For more information, text or call
Boulder City Pickleball Ambassador
at 702-272-9650



SPECIAL INTEREST CLASSES

Register at the Recreation Department located at 900 Arizona Street

TAI CHI The slow, dance-like movement of Tai Chi works to improve balance, flexibility & calmness with an emphasis on deep breathing & mental imagery. Tai Chi integrates your mind with your body & is very effective at relieving stress. Instructor PATRICIA AMON has studied at Lohan School of Shaolin Tai Chi with William VanderVeer since 2006. All ages can benefit!

age 14 - low 100s
note limited Senior Dimension funds are available for these classes
fee \$30 per month
day/time W & F 8-9am
no class Sept.
location North Escalante Park or Rec. Center based on weather conditions



ZUMBA is a workout that sculpts & tones the body in a fun & energetic way. It combines the pulsating footwork of Latin dance & reggae with a bit of belly dance & hip hop with a fitness flair. Your heart rate stays up as you workout. You don't need to be a dancer to have fun & move to your own groove in this class! Instructor SHANNON TAMANAHA is a certified Zumba instructor.

age 10-adult
day T & Th
location ABC Park Gym
time 9-10am & 6-7pm
day Sat
time 9-10 a.m.
fee \$7 per class when a min. of 4 classes are prepaid
drop in \$10 per class
no class 11/27, 12/23-31 & 1/1



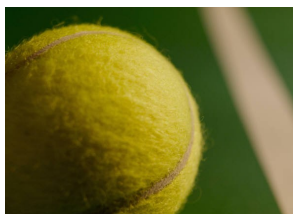
TENNIS Instructor McKAY STEVENS has been around tennis for many years & has played competitively for over 10 years. He has coached at the high school & college level & loves the sport!

LESSONS Tennis is a great sport & classes are designed for entry-level & intermediate players. Each session focuses on the fundamental skills of tennis or improvement of those skills through hands-on instruction, drills, games & competitive play. Please speak directly to the instructor regarding classes for special needs students.

location Broadbent Park Tennis Courts
day Th
equipment supplied for class
age 4-adult
no class 11/27, 12/25 & 1/1
time Sept-May 6-7pm*
time Jun-Aug 7-8pm*
note *temperature determines time

| | | |
|-----|-----|------|
| fee | Sep | \$40 |
| | Oct | \$50 |
| | Nov | \$30 |
| | Dec | \$30 |
| | Jan | \$40 |
| | Feb | \$40 |

A women's competitive tennis league is now forming. Call 293-9256 for information.



TENNIS SEMI, PRIVATE & SMALL GROUP

Lessons are custom designed to meet the needs of the student.

1/2 hour min. of 4 classes required
fee per person
\$30 - private, 1 person
\$15 - semi-private, 2 people
\$10 - small group, 3+ people



SUNRISE YOGA is suited for beginners up to intermediate level students. The focus of this class is on alignment, breathing, and meditation to wake up the body and stimulate the mind. LEE ANN MAYNARD is a certified 200 hour RYT yoga teacher.

age 16+
location ABC Park Admin. #2
fee \$12 per 1-hr class
day/time Sunday 6:30-7:30am
fee \$48 monthly
half price with proof of Boulder City Fitness Center membership

VINI YOGA classes give individual attention, adapting the practice to meet the students' needs. This practice can help with arthritis, chronic pain/aches, headaches/migraines, back care, stress/anxiety, hypertension & insomnia. All skill levels are welcome. INSTRUCTOR LYN PETRONSKY is a E-RYT500, CMTB, 2,400+hrs of yoga teacher/therapist experience. Contact Lyn Banas-Petransky to discuss your needs. Certified Yoga Therapist. To contact Lyn:

age 10+
location ABC Park Admin. #2
fee \$12 per 1-hr class per week
Discounts apply when taking multiple classes per week. See instructor for details.
1:1 fee \$48 pr hr or \$160 for 4 hrs
day/time schedule with the instructor

viniyogawithlyn.com
920-827-6426 or lynbanas@cox.net

"Where your friends are..."

manager Marcie Gibson
age 16+

(younger persons can contact the manager for a case-by-case review for consideration)

| | | |
|-----------|-------|-------------|
| daily fee | \$4 | single |
| wkly fee | \$10 | single |
| 1 mo fee | \$25 | single |
| | \$40 | couple |
| | \$55 | family of 3 |
| | \$75 | family of 4 |
| | \$90 | family of 5 |
| 3 mo fee | \$60 | single |
| | \$100 | couple |
| | \$140 | family of 3 |
| | \$185 | family of 4 |
| | \$230 | family of 5 |
| 6 mo fee | \$100 | single |
| | \$170 | couple |
| | \$255 | family of 3 |
| | \$340 | family of 4 |
| | \$425 | family of 5 |

open M-Th 5am-8pm
Fri 5am-7pm
Sat 7am-4pm
closed Sundays, major holidays

"Community" is not just part of our name; it is what our Fitness Center is all about. Approximately 90 of your friends & neighbors use the Community Fitness Center on any given day. Many friendships are created in our friendly, relaxed, & family-oriented facility. Most of our staff are volunteer workers, part of that wonderful community of helpful, involved, people who make Boulder City the special place it is.

A membership has no conditions, contracts or further obligation. It's only \$4 for an entire day of facility usage. If you are a regular user, you may wish to take advantage of our \$25 per month rate. There are also discounted rates for 3 & 6-month memberships, as well as for "couples" & "family" memberships. You only pay for what you want, how you want & only as long as you want.

We are located in the ABC Park. Stop by & check us out. Become healthier, meet people & make some new friends (or visit old ones)!

BENEFITS

- ~ Friendly & family-oriented ~
- ~ Trained helpful staff ~
- ~ Full line of free weights ~
- ~ Exercise & cardio machines ~
- ~ Certified personal trainers ~

SENIOR DIMENSIONS FIT FOR LIFE CLUB

~ The Community Fitness Center & Aquatics Center is a Senior Dimensions' Fit for Life Club provider. Senior Dimensions is a private health insurance company, a subsidiary of Sierra Health, that is also a Medicare provider. It recognizes the positive health value of regular exercise by encouraging members to exercise by paying certain exercise-related expenses for Senior Dimensions members. It pays Center fees, limited personal training fees and for classes as noted throughout this brochure, for it's members. The City of Boulder City does not endorse or recommend Senior Dimensions as a insurance company. It merely has an agreement to accept payment from Senior Dimensions for those Fit for Life Club members who choose to utilize City of Boulder City facilities. For information, call the Aquatics or Community Fitness Center or Senior Dimensions at 242-7301.

BODY COMPOSITION ANALYSIS FREE (TO MEMBERS)

The Community Fitness Center provides body composition analysis every 4-6 weeks. This analysis is a far more reliable method of charting personal fitness progress than body weight measurements. It determines: body fat percentage & pounds, lean mass pounds & percentage, hydration level, basal metabolic rate, & target ideal weight.

Dr. Jeff Andrews conducts the analysis & explains results with a written report giving you a reliable, scientific measure of your personal progress with your fitness program. For more information & or to learn the next analysis date, please visit the Community Fitness Center or call 293-0870.

PERSONAL TRAINING Personal training can be beneficial for elite athletes & those who have never exercised before. If you want to lose weight, improve your sports performance, or to be assured that you are truly improving your health in the most efficient manner, a personal trainer may be just what you need. A personal trainer can tailor a fitness program that takes your current physical condition & fitness goals into

MARCIE GIBSON is the Community Fitness Center Manager & is CPR/AED First-Aid Certified. She has lived in Boulder City for 20 years & is very active in many BC community organizations.

TERRY GROTHE has been training Boulder City residents for over 10 years. She is involved at the BC Pool & with Boulder City's awesome swim team. Although a specialist in competitive athletic training, Terry is very popular with women who aren't "going for gold" but still wish to lose weight & firm up. Terry is an APFA Certified Personal Trainer. A specialized class in cross training for athletes is offered according to demand. Call 702-293-0870 for more information.

MEGAN GARNETT is an American Council on Exercise Certified Personal Trainer. Megan has a passion for helping people and has been training clients of all ages and fitness abilities for 5 years. Her training philosophy promotes balance between overall wellness and each person's individual lifestyle by incorporating flexibility and diversity into her programs. Whether you're a novice to the gym or a regular, Megan is the person that can lead you to your health and fitness goals.

JON ZANDER is an NCSF Certified Personal Trainer. He's lived in Boulder City for 18 years and enjoys mountain and road biking, hiking and outdoor activities with his family. He specializes in weight loss, general fitness, and youth and adult sport-specific training.

To get more information regarding our personal training services or to make an appointment with a Community Fitness Center trainer, simply visit your Community Fitness Center @ 801 Adams Blvd. or call us at 293-0870.



Contra Dance **Sat., Nov. 22 @ DWP**

Doors open: 6:15pm
Free Lesson: 6:30-7pm
Dance 7-10pm



Fee: A \$5 - \$10 donation is requested to pay the band

What is contra dancing? Our pioneer ancestors would go to town or a neighbor's on Saturday night for an evening of fiddle music, dancing, camaraderie, gossiping, and a chance to "kick up the heels" after a week of hard work. Nowadays, we have lots of social media outlets to take care of the gossip, and our week's work may not be the back-breaking drudgery of olden times, but it's still fun to gather to dance, laugh and enjoy a good, live band - in a non-alcoholic, non-smoking, family-friendly environment. Contra dance is similar to that of square dancing, however, rather than squares, contra is danced in long lines down the length of the hall.

All dances are taught and called, and although you dance with a partner, it is not necessary to bring a partner; dancers are encouraged to dance with a different person at the start of each new dance. Beginners and experienced dancers, and singles, couples, and groups are all welcomed. For beginners and novices, the introductory session at 6:30 pm is designed to instill confidence in your dancing ability for the rest of the evening. The dances at the earlier part of the evening are the easiest, and they build in complexity as new moves are introduced and taught throughout the evening.

The entertainment for the evening will be provided by the band "Sagebrush and Shamrocks", with lively dancing tunes; by area callers; and, of course, by all you folks on the dance floor!

Bring snacks to share, and also a friend! Comfortable shoes are a must... (Are you used to dancing all night in heels? If not, don't wear them - you'll miss out on a lot of dances if your feet are grumbling!)

Through the cooperative efforts of the Nevada Department of Wildlife and the City of Boulder City, on Friday, July 11, 2014, six informational plaques about the local big horn sheep were installed at Hemenway Park.

Basic Facts:

- ~ Males, called Rams - large horns
- ~ Females, called Ewes - smaller horns
- ~ Breeding season (also known as rutting) July - November
- ~ Live birth to one lamb each year, 6 months gestation period
- ~ Each horn, shaped as a C, in know as a curl



River Mountain Herd at Hemenway Park

- ~ Why are they here? Hot on the mountain and vegetation is limited, so they visit the park for food and cool shade.
- ~ The River Mountain Herd consists of around 200 adult sheep.
- ~ Showcase herd of sheep for repopulation efforts around the state. Trapping and transplanting has grown the state population from 3,000 sheep in 1967 to over 11,000 today.

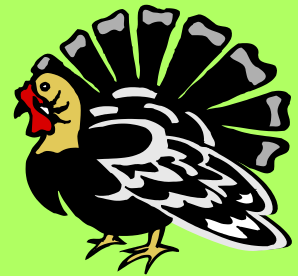
Big horn sheep photographs by Boulder City Parks and Recreation Director Roger Hall



Halloween Carnival **& Haunted House** **Wed., Oct. 29 @ 6 p.m.** **Admission is FREE**

Fees are associated to game tickets.
Look for upcoming flyers for details.

Enjoy a host of carnival games
that bring you tricks & treats.
Fun games, contests & prizes
get you ready for the haunt of
your life on Halloween.



Turkey Shoot **Tues, Nov 18h** **&**

Wed, Nov 19th
2:30 - 4:30pm
1st grade & older
8 shots for \$1

Recreation Center
Join us for a fun competition
using air guns and targets.
Awards provided by
The Boulder Dam Credit Union
Release of liability required

YOUTH

PRE-REGISTRATION is required for each youth sport and all players must attend a player rating clinic.

SOCCER fee \$39

The league you play in is determined by your grade on Sept. 1. A child must be 5 years old by Sept. 30 to play in the kindergarten league.

*Exception, a 4-year old may play if his/her parent is coaching.

length 6 weeks

location Pratte Field

SOCCER CLINIC DATE & TIME

grade K W 8/27 @ 6pm or

TH 8/28 @ 6pm

grade 1-2 W 8/27 @ 7pm or

TH 8/28 @ 7pm

grade 3-5 T 9/2 @ 6pm or

W 9/3 @ 6pm

grade 6-8 T 9/2 @ 7pm or

W 9/3 @ 7pm

FLAG FOOTBALL fee \$39

location Pratte Field

FLAG FOOTBALL CLINIC DATE & TIME

grade 3-4 T 10/21 or W 10/22 7pm

grade 5-6 T 10/21 or W 10/22 7:30pm

BASKETBALL fee \$39

location Recreation center

length 6 weeks

BASKETBALL CLINIC DATE & TIME

grade 3-4 boys T 12/2 or Th 12/4 6pm

grade 3-4 girls T 12/2 or Th 12/4 6:30pm

grade 5-7 girls T 12/2 or Th 12/4 7pm

grade 5-7 boys T 12/2 or Th 12/4 7:30pm

FLOOR HOCKEY fee \$39

location Recreation center

FLOOR HOCKEY CLINIC DATE & TIME

grade K T 1/6 or W 1/7 6pm

grade 1-2 T 1/6 or W 1/7 6:30pm

Grades 3-8 floor hockey is offered after basketball season ends.

Call 702-293-9254 for more information

ADULT

age 16+ minors
require parental permission

note A team manager or rep.
must attend the meeting.

meetings recreation Ctr. Classroom # 4
info please call

Tay Deering, 702-293-9254

SOFTBALL Recreational

meeting T 8/26 7pm Men

meeting T 8/26 8pm Co-Ed

BASKETBALL Men's Competitive

meeting W 12/10 7pm



VOLLEYBALL Women's Recreational

meeting M 8/25 7pm

RECREATION CENTER OPEN GYM

Mon-Th 3-8pm ~ Fri 3-6pm ~ Sat 1-4pm

Times may vary due to staffing

Activities include

• pool • volleyball •

• "drop-in" play •

• uninstruced basketball •

• uninstruced volleyball •

Additional hours may

be scheduled according to
seasonal sport staff availability.

For current information, please
see the gym schedule in the
Recreation Department lobby.



YOUTH CENTER

The Boulder City Youth Center is a fun, exciting place where kids can be kids in a supervised environment. We offer entertainment from pool & video games to crafts & sports. We also venture out into the world on awesome field trips. If you are struggling with homework, then stop in to the homework room after school & get the help you need. The Youth Center is more than just fun & games, it's a place for children to develop new relationships & grow into young adults. All that is needed to start your adventure is a Release of Liability form filled out by a parent or guardian returned to the Youth Center and a \$20 annual fee.



register Youth Center
location ABC Park
801 Adams Blvd
grades 6-12
fee \$20 annually
closed for field trips & special events
note times may be adjusted

SCHOOL YEAR

Mon-Thurs 2-6pm & Friday 2-7pm

SUMMER

Mon-Thurs Noon-6pm & Friday Noon-7pm

702-491-3679

YOUTH CENTER STAFF

Coordinator Debbie Barth



TINY TOTS

The Tiny Tots program focuses on enriching children in areas of socialization skills, creativity through varied art medium, motor skills development through P.E. activities, introductory academic skills such as: recognizing & learning to write upper & lower case ABC's, numbers 1-10, & all shapes & colors.

register Recreation Center
location Recreation Center #4
required children must be 3 by 9/30 for 3&4 yr class or 4 by 9/30 for the 4&5 yr class & independently potty trained.
no class school holidays
rates based on \$4 per hour

Note: Students must be signed up by the 20th of each month for the next month; otherwise, a late fee will be charged for students wanting to remain in the program.

| | |
|---------|--------------------------------------|
| age 3-4 | Tuesday & Thursday 11:45am-2:15pm |
| Sep | \$90 |
| Oct | \$90 |
| Nov | \$60 |
| Dec | \$60 |
| Jan | \$80 |
| Feb | \$80 |
| Mar | \$80 |
| Apr | \$80 |
| May | \$40 |

| | |
|---------|------------------------------|
| age 4-5 | Monday-Thursday 9-11:30am |
| Sep | \$170 |
| Oct | \$180 |
| Nov | \$140 |
| Dec | \$120 |
| Jan | \$150 |
| Feb | \$150 |
| Mar | \$160 |
| Apr | \$160 |
| May | \$80 |

TINY TOTS INSTRUCTORS

Lisa Wright, Linda Molisee & Kathleen Feeney

2014 FALL TINY TOT REGISTRATION

M-Th 4 & 5 yr. old class

Monday, August 4 @ 7:30 am

T & Th 3 & 4 yr. old class

Tuesday, August 5 @ 7:30 am

Recreation Department @ 900 Arizona St

SAFEKEY

The Safekey program is a safe alternative for children home alone before or after school. Youth have supervised fun activities, games, arts & crafts and snacks. Homework help & other learning opportunities are offered. SAFEKEY 702-287-6154

grades K-5
location Martha P King Multi-Use Room
register Martha P King Elem.
Multi-Use Room
or Recreation Center
closed school holidays
fees \$3 7-8:10am (before school)
\$9 2:40 -6pm (after school)
\$20 On Professional Development days + field trip fees
note prepayment is required & late fees are assessed

INSTRUCTORS

Dena Weinberg, Stephanie Boyle,
Ian Donnelly, Jennifer Harris
Patsy McClure & Morgan Swan

SPRING BREAK is a fun, one-week version of our Summer Parks program that is packed with games, arts & crafts, sports, daily special events & more. This program offers safe supervision & a chance for kids to interact with friends their own age. Sign up early!

grades K-5
register Recreation Center
location Recreation Center
date 3/30-4/3
fee \$20 per day
time 7am-6pm
Note filed trips may be scheduled with additional charges

SUMMER PARKS is a fun playground program giving kids a creative way to spend their summer days! Activities include arts & crafts, games, sports, field trips and weekly special events. Come and play with us during the summer months.

grades K-5
location Rec Ctr Complex
fee \$9 half day-\$18 full day
half day 7am-12:30 pm or 12:30-6pm
length June 8-August 22

Late fees are assessed & limited field trips are available with additional charges.

**ADAMS BLVD COMMUNITY PARK
(ABC PARK)**

801 Adams Blvd.

Hours vary for the Art, Fitness & Youth Center. Gymnasium and classrooms available on a reservation basis.

BICENTENNIAL PARK

999 Colorado Street

This park is seven acres of beautiful green grass and trees for your enjoyment. Excellent for a family get-together. The gazebo band-stand, built for the Bicentennial Celebration, is an excellent covered facility for special events. Park also includes a children's play area.

BOOTLEG CANYON

MOUNT BIKE RACING

1000 Yucca Street

Outstanding trails, beautiful lake views & well-maintained trails. Lower trails are beginner; higher trail are intermediate & expert runs. Open daily, excluding practices & races. Note: Use of safety equipment is strongly recommended. Please leave the area in the same, if not better, condition as when you arrived. Location: turn north on Yucca St. & head toward the BC on Red Mtn., Canyon Road. Follow the signs to the parking area. For more information, call 293-9256.



**BRAVO SOFTBALL FIELD &
WHALEN BASEBALL FIELD**

891 Avenue B

These ball fields accommodate the Youth, Men's & Women's Baseball & Softball Leagues.

**ROBERT N. BROADBENT
MEMORIAL PARK**

861 Avenue B

5 -acres encompass a variety of recreation facilities including 4 lighted tennis courts, picnic areas, play areas, Multi-Use Building located at 1204 6th Street with a kitchen and dining area, Swimming Pool & Racquetball Court Complex, horseshoes & more.

**CITY PARKS ARE OPEN
DAILY FROM 5AM - 10PM**

DEL PRADO PARK

901 Utah Street

This 2.5-acre park has playground equipment, basketball courts & open green areas.

FRANK T. CROW

MEMORIAL PARK

640 Nevada Way

Approximately 1-acre of one green area including picnic tables & barbecue grills.



HEMENWAY VALLEY PARK

401 Ville Drive This park is comprised of approximately 10 acres. Includes playground equipment, multi-level play structure, gazebos, restrooms, picnic area, baseball courts, 2 lighted tennis courts & 2 lighted softball fields. This lovely park has a fantastic view of Lake Mead and attracts wild big horn mountain sheep. These wild animal deserve respect and consideration. Please use judgment when sheep are present in the park.

LAKE VIEW PARK

103 Walker Way

A 3/4-acre park with a tot lot, playground, basketball court, picnic tables, barbecue grills, trees & green open space.

NEVADA WAY RECREATION

**FACILITY DEPT. OF WATER & POWER
BLDG.**

600 Nevada Way (DWP)

OASIS PARK

1419 Marita Drive

5 acres of beautiful open green area. Enjoy the ball field, basketball courts, playground equipment or the para-course.

REFLECTION CENTER

300 Railroad Avenue

Beautifully landscaped with 7 sculptures that may be enjoyed from any of the many park benches provided along the walkway. Home to community gardens.

RIVER MOUNTAIN HIKING TRAIL

Lakeview Subdivision & Hwy 93

Built in the 1930's, the Civilian Conservation Corps trail, lies between Red & Black Mountain. Boulder City, the National Park Service & the UNLV Geology Department have renovated the 5-1/2 mile trail. Look for the trailhead sign.

RIVER MOUNTAINS LOOP TRAIL

The River Mountains Loop Trail runs approximately 35 miles on a loop which connect Lake mead National Recreation Area, Hoover Dam, Boulder City, Henderson and Las Vegas. The River Mountains are home to one of the largest big horn sheep populations in Nevada, which you may encounter on this trail. The trail is 12 feet wide and paved. About 3.5 miles of the trail occupy the old bed of a railroad that once ran from Boulder City to Hoover Dam, supplying materials to build the dam. The River Mountains Loop Trail shares its southern section for a few miles with the Historic Railroad Hiking Trail. The two trails have a common trailhead at the Lake Mead National Recreation Area visitor center on Lakeshore Road.

**SWIMMING POOL &
RACQUETBALL COMPLEX**

861 Avenue B 293-9286

The Boulder City Pool and Racquetball Complex, offers year 'round healthy, affordable, enriching, and supervised programs. The 25 meter lap/recreational pool, enclosed by an air support structure September-May, features various classes, and open swim schedules. Part of the facility's stated mission is "to provide high quality and cost effective recreation programs and activities for all residents". Programs include and are not limited to: Parent and Baby, Youth Learn to Swim, BCH Youth Swim Team, Adult Masters Program, Water Exercise, Lap Swim and more! Fees are reasonable with daily, reduced, seasonal, annual, and punch pass rates.

VETERANS' MEMORIAL PARK

1650 Buchanan Blvd. This park is comprised of 25 acres. It includes 4 lighted multi-use ball fields, 2 beach volleyball courts, open green space, skateboard & bike parks, 2 soccer fields, a splash park & picnic/ barbecue area & restroom facilities. Nearby is a 4-acre fishing pond and model boat pond.



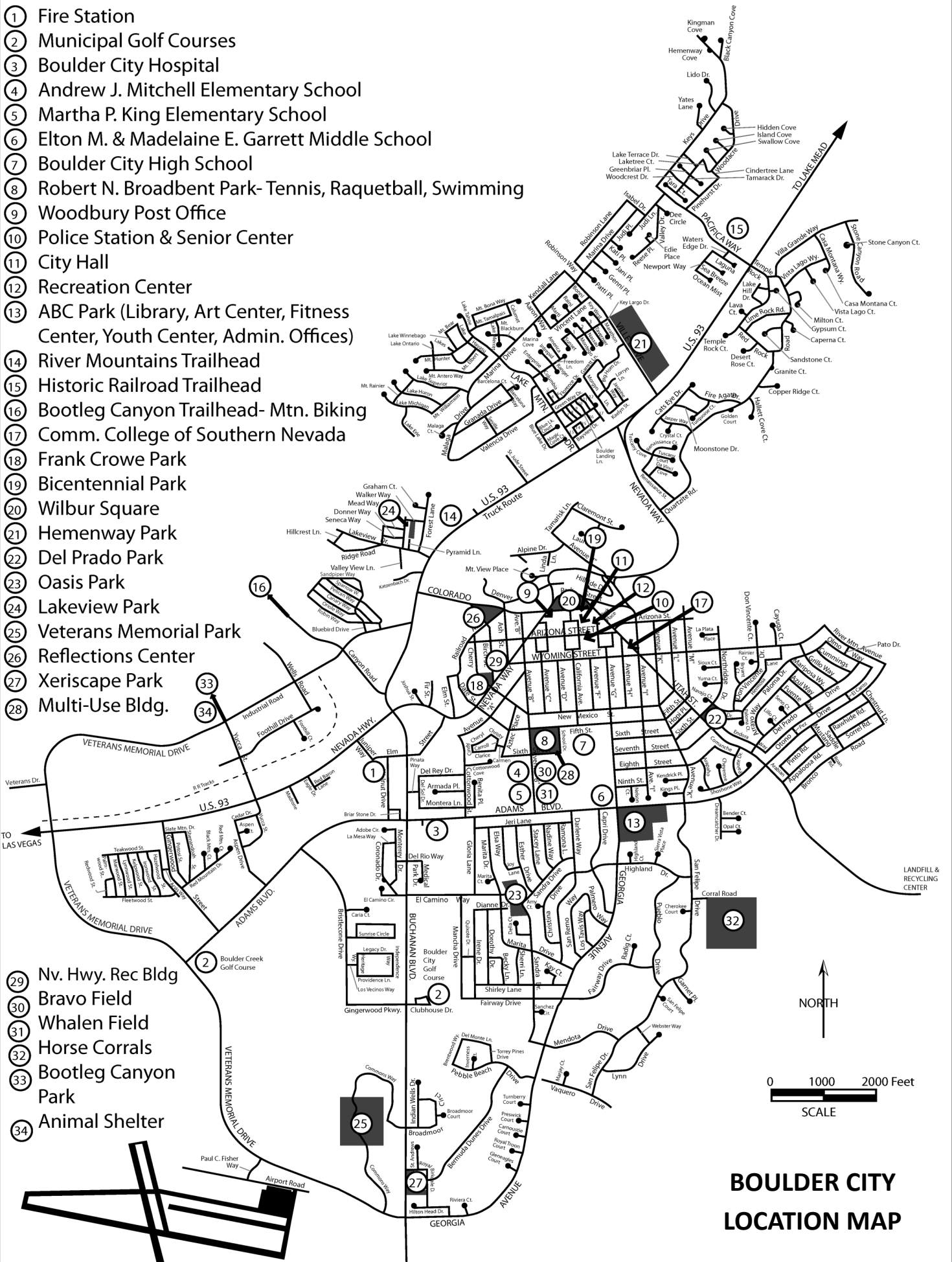
Photo by David Sharp of Sharp Studios

WILBUR SQUARE

1100 Colorado Street

Wilbur square was originally designed and constructed by the federal government during the construction of Hoover Dam. This 3.3 acre park was named in honor of Ray Lyman Wilbur who served as Secretary of the Interior from 1929-1933. This park is home to many special events throughout the year.

- ① Fire Station
- ② Municipal Golf Courses
- ③ Boulder City Hospital
- ④ Andrew J. Mitchell Elementary School
- ⑤ Martha P. King Elementary School
- ⑥ Elton M. & Madelaine E. Garrett Middle School
- ⑦ Boulder City High School
- ⑧ Robert N. Broadbent Park- Tennis, Raquetball, Swimming
- ⑨ Woodbury Post Office
- ⑩ Police Station & Senior Center
- ⑪ City Hall
- ⑫ Recreation Center
- ⑬ ABC Park (Library, Art Center, Fitness Center, Youth Center, Admin. Offices)
- ⑭ River Mountains Trailhead
- ⑮ Historic Railroad Trailhead
- ⑯ Bootleg Canyon Trailhead- Mtn. Biking
- ⑰ Comm. College of Southern Nevada
- ⑱ Frank Crowe Park
- ⑲ Bicentennial Park
- ⑳ Wilbur Square
- ㉑ Hemenway Park
- ㉒ Del Prado Park
- ㉓ Oasis Park
- ㉔ Lakeview Park
- ㉕ Veterans Memorial Park
- ㉖ Reflections Center
- ㉗ Xeriscape Park
- ㉘ Multi-Use Bldg.
- ㉙ Nv. Hwy. Rec Bldg
- ㉚ Bravo Field
- ㉛ Whalen Field
- ㉜ Horse Corrals
- ㉝ Bootleg Canyon Park
- ㉞ Animal Shelter





Photograph by Boulder City Parks and Recreation Department Director Roger Hall

**Serving the Boulder City Community
since 1940**

Let us fulfill your financial needs



**Sponsoring Boulder City Recreation Department
youth and adult league teams for over 30 years**